

# THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

Landrunner Mission: To support health and fitness of all ages through recreational running

March 2016 | Issue No. 239

## SEVENTH HEAVEN: Landrunner Maurice Lee Runs Ultra Marathons On All Seven Continents

By Maurice Lee

January marked the end of a journey for me. It took six years. It required thousands of miles of travel. But it was worth it.

I finished my quest to run an ultra marathon on each of the seven continents.

In 2010, I ran the ultra Comrades Marathon. After running, a question came to me – “Could I run an ultra on all seven continents?” I mulled this around in my head for a while. If I decided to do this, I would have a chance to see as much of the world as possible. I would be able to challenge myself, too, with not only the races but also the obstacles that go along with international travel, logistics, languages and the like.

And if I finished the goal, I would be able to say I’d done something that very few people in the world have done.

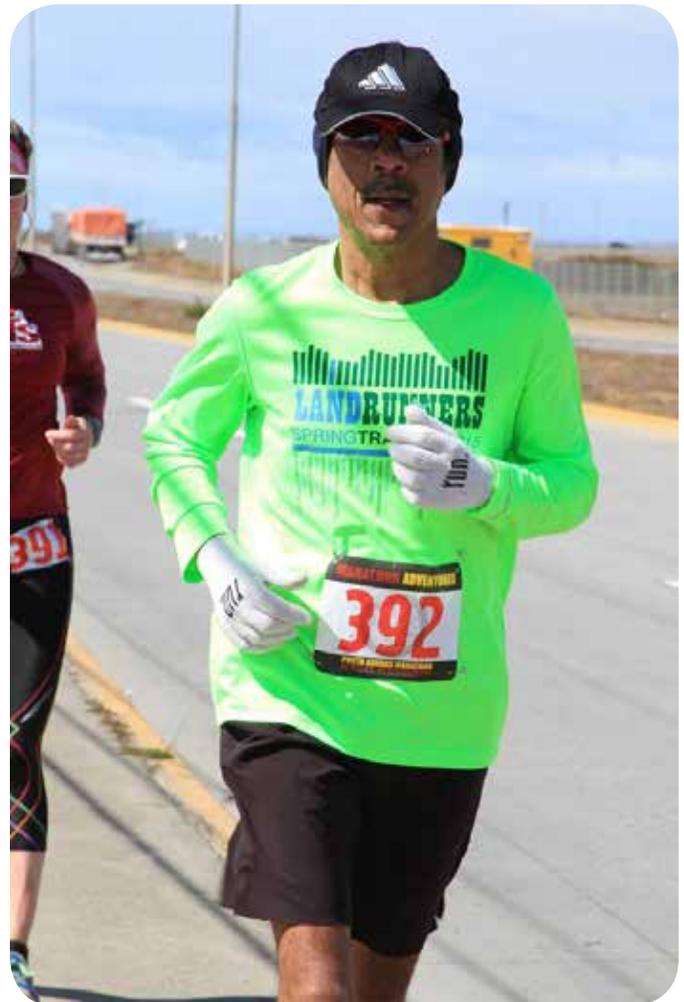
I decided to pursue the 7 and 7.

By last year I had completed five continents, leaving only South America and Antarctica to finish. I purposely left these two for last because I knew there was a tour package that would allow me to do both races in one trip. I did all the planning and execution for the previous races on my own, registering for the races, booking travel and hotel, but I knew I couldn’t do that for Antarctica.

There are at least two companies that put on ultras in Antarctica, but only one that I was able to find offered ultras on both continents in the same trip. So I went with Marathon Adventures.

I started booking the trip early last year. In past years, these trips have sold out early. I paid my deposit to secure my space, then started looking for airfare. I eventually used the company’s recommended travel agency to book my flights.

With the trip booked, airfare and insurance taken care of, there was nothing left to do but train -- and worry. This trip would require that I race two 50K’s (31 miles) within five days.



Maurice in Chili

See **Seventh**, on page 6

# The Unique Sport of Running

*By Bill Goodier, President*

Running is unique in that it is both an individual sport and a team sport depending on the event. Long distance running, outside of relays, is typically individualistic, but those watching the Olympic Marathon Trials may have thought otherwise. At the forefront of the ladies' race, Bowerman Track Club teammates Shalane Flanagan and Amy Cragg ran side-by-side helping each other throughout the race. During the third lap Flanagan noticed Cragg started to get "edgy." Flanagan remained by Cragg's side to talk her through it. Then at mile 23 Flanagan started to overheat and fell off the pace. It was Cragg's turn to reciprocate the earlier favor. Cragg was reassuring and encouraging Flanagan. Cragg's dedication to her teammate inspired me, especially when at mile 25 Cragg grabbed two bottles of water. She opened the first bottle and passed it to Flanagan before opening the second bottle for herself. Watching the race unfold, I thought what incredible selflessness they have for each other. Cragg continued to run with Flanagan until the last possible moment. Once Desiree Linden, running in third place at the time started closing the gap, Cragg made the difficult decision to leave her teammate. She could help Flanagan only so far.

The men's race was just as exciting, yet there was a distinct difference in race tactics. It appeared early on this was an individualistic race. Tyler Pennel found out that if you're going to surge – to a 4:47 pace at mile 17 – you better be able to back it up. Pennel ended up finishing in fifth place. While Galen Rupp, in his marathon debut, pulled away from Meb Keflezighi to win the marathon in 2:11:10. The talking and hand signaling during the men's race was not to encourage each other. It was all business. In a post-race interview when Meb was asked about the conversations during the race, he responded, I was telling Rupp "It's not a track, the road is open....It was not a very friendly conversation, you know.... Take the lead or stand aside."

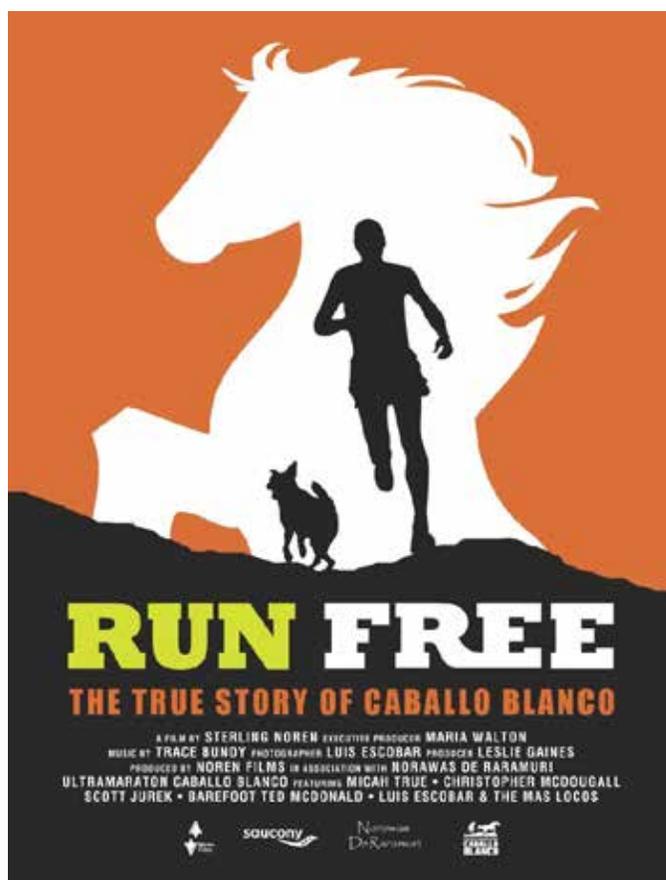
Each of us has a reason for running; our own goals. All those competing in the trials wanted to make the Olympic team. It was more than just making

the team for Cragg and Flanagan. "Our dream has been to get on the team together. Not just one of us, but both of us on the team."

It does not matter how fast or how far you run; as a team or individually. It's your goals that keep you motivated. Many times I have sat in my vehicle convincing – no, forcing – myself to get out and at least walk which leads to running and I finish thinking, "That was good!" Other times I have run only because my running partner was waiting on me. Yet those invariably turn into some of my best runs! Through the good, the bad, and the ugly, do not forget your motivation for running. You might surprise yourself after taking that first step or by not canceling on your training partner. It could be an amazing run!

Cheers!

Lil' Bill



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# Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
03/05	ZONTA 5K	Midwest City Park @ 7:30am
03/05	OK Hall of Fame Land Run 10K*, 5K	1400 N Classen Dr @ 8:30am
03/12	St Paddy's Day Race 8K*, 5K \$	Lake Hefner East Wharf @ 10:15am
03/12	Allegiance Run Clinic	ACU 4227 N Meridian @ 1:00pm
03/12	St Paddy's Day Dash 5K	Mitch Park @ 2:00pm
03/19	Wings to Fly 15K*/5K* \$	Fort Reno @ 9:00am
03/20	A2A Races & Landrunner Bus Trip*	Ardmore @ 7:30am
03/21	Run Free – Landrunner movie night	Windsor BB Theatres @ 7:00pm
03/26	Go Girl Run – OKC, \$	Bricktown Ballpark @ 7:00am
04/02	OUCHA Health Dash 5K*/10K*	1106 Stonewall Ave @ 9:00am
04/09	Redbud Classic Bike	6301 Waterford Blvd @ 7:00am
04/10	Redbud Classic 5K, 10K*	6301 Waterford Blvd @ 2:00pm
04/24	OKC Memorial Marathon*	NW 5th & Harvey @ 6:30am

\* Denotes Series Races

\$ Club members discount codes are listed on the Members only section @ okcrunning.org

## Landrunners In Action

<u>1/3 JACKSONVILLE BANK MARATHON, FL</u>	<u>2/6 DALLAS HOT CHOCOLATE 15K, TX</u>
TAMMY CRAWFORD 4:39:52	JENNIFER STONG 1:08:42
	KRISTIN MOLLOY 1:18:35
<u>1/10 WALT DISNEY WORLD MARATHON, FL</u>	<u>2/6 BEST DAMN RACE HALF MARATHON, FL</u>
MATT KINMAN 5:46:44	BETSY HILBURN 1:49:45
	KELLY HILBURN 2:06:15
<u>1/17 HOUSTON MARATHON, TX</u>	<u>2/14 FORT SMITH MARATHON, AR</u>
CHINNI POKALA 3:45:45	TORI DUPHORNE 5:42:06
<u>1/17 PHOENIX ROCKNROLL MARATHON, AZ</u>	<u>2/14 IMS ARIZONA MARATHON, AZ</u>
HOLLY MISTLER 4:31:38	MARK BALLARD 4:09:22
BRENT MISTLER 4:31:39	ANGELA MORRIS 4:17:29
<u>1/26 WHITE CONTINENT 50K, ANTARCTICA</u>	AMY KROKSTROM 4:36:28
MAURICE LEE III 8:45:12	KARL KROKSTROM 4:36:28
<u>1/29 PUNTA ARENAS 50K, CHILE</u>	CHUCK MIKKELSON 5:35:13
MAURICE LEE III 5:23:10 – 1ST PLACE	

Click the link on [www.okcrunning.org/newsletter](http://www.okcrunning.org/newsletter) page to submit out of state results. Send photos and stories to [news@okcrunning.org](mailto:news@okcrunning.org)



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*3-time OKCMM winner and  
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*(followed by a 1-3 mile fun run with Camille)*

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*All registered attendees will receive a FREE swag bag  
and a chance to win a \$100 gift card to Red Coyote!*

## Seventh, continued

Also, I didn't know what conditions to expect in Antarctica.

I left Oklahoma City on the evening of Jan. 21. I connected in Houston to Santiago Chile, then to Punta Arenas Chile, my final destination. I arrived with no problems and checked into my hotel. On Jan. 24, we had a dinner and briefing in the hotel. Our original plan was to leave for Antarctica the next morning and run there, but the tour operator, Steve, said they we did not have a weather window to fly out the next morning. We were told to meet in the hotel lobby the next day at 9 a.m. for an update.

At that briefing we were told we still didn't have clearance to go and we were going to run the race in Chile starting in one hour. A lady asked if there was any chance we'd leave for Antarctica that day.

"We're not going to Antarctica today," Steve told her.

So I got dressed to run my first race and reported to the start line across the street from the hotel. We started the race, which was four times out and back with a fifth shorter out and back for the 50k.

I ran at a moderate pace and as I was coming in for the finish of my second loop, also the half marathon mark, the timer at the start-finish line had news.

We had a weather window after all. We might be going to Antarctica.

But he told us to keep running because the decision wasn't his. As we're going back out, though, Steve, who was also running the race, was coming in. He told us to turn around because we were going to Antarctica.

Needless to say we weren't happy campers. We had one hour to get ready to go to Antarctica.

We took a bus to the airport and boarded our plane. This was a small jet but was staffed with flight attendants and we were served a meal. The flight was about three hours and as we neared Antarctica we started seeing small icebergs. We put on our coats and gloves after we landed and stepped out into a howling wind and very cold conditions.

I honestly under dressed for the conditions and we had about a mile walk to our campsite.

We had to wait in a large tent at the campsite while they put up our individual tents. We were sleeping three to a tent, and since we arrived in the afternoon, we were going to spend the night and run our race in the morning.

It is only dark about four hours a day there and even then it never gets pitch dark. I didn't sleep well, but while I was awake, I heard the wind gradually subside.

We assembled to start our race at 5 a.m. the next morning. It was cloudy, a light wind and a lot of snow on the ground. Our race consisted of an out and back in one direction, and another in the opposite direction. For the ultra, it was 7 1/2 loops.



*Maurice finishing in Antarctica*

I started at a very easy pace just wanting to see what this course was like. It was snowy, icy and muddy in spots. There were small stream crossings and one large snow bank that was taller than me that had a single trail through it. If people were coming from opposite directions, one had to wait for the other to come through. And there were rocks. Lots of rocks.

The course wound past the Chilean and the Chinese research bases. We saw lots of penguins and a couple of sea lions. While the conditions were tough, I never had a really hard time.

It took me 8 hours, 45 minutes to run the 31 miles.

After everyone finished, we boarded the plane to return to Chile.

Back at our hotel, the reality set in -- we still had another race to run. Steve said he'd look at the weather forecasts for the next couple days and if they were similar, we'd run our race on Friday, Jan. 29. And that's what we ended up doing.

On Friday, I again started out easily but felt pretty good, so I picked up the pace and finished this race in 5 hours, 23 minutes.

The next day we went on an all-day excursion to Torres del Paine National Park in Chile's Patagonia region. It is a beautiful park.

I made my way back home with no problems -- a journey finished and a goal realized.

### The List

1. North America - Mother Road 100 (miles) - Catoosa Oklahoma USA - 2010
2. Africa - Comrades (56 Miles) - Durban South Africa - 2012
3. Europe - G2E (55 miles) Glasgow Scotland UK - 2013
4. Asia - Mt. Banahaw 100k (62 miles) - San Pablo City, Philippines - 2014
5. Australia - Gold Coast 100 (50 miles) Burleigh Heads, Gold Coast - 2015
6. Antarctica - White Continent 50k (31 miles) - King George - 2016
7. South America - Punta Arenas 50k (31 miles) - Punta Arenas Chile - 2016

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# TRAINING FOR A MARATHON - You Have To Do A 28-Mile Training Run...

By Tom Coniglione, MD

Don't believe me, read the book. It was written by an Olympian in the 10K who later ran a 2:16 marathon. He is a columnist for Runner's World, a highly recruited motivational speaker and author. In his early book on marathon training, he said it: to run a marathon you have to do training runs of 26 or 28 miles. Even in his current marathon training plans, he still recommends 28-milers in training.

One author said: "every Galloway runner I've known who has run 26 - 28 miles as their final run has finished the marathon at least 5-15 minutes faster than previous times prior to running that distance. After running 26-28 miles in a training run the body is better prepared for the live event. The wall is pushed back considerably beyond the 20 mile point that some runners will find it."

Many wanna-be marathoners read his book and followed his program. His recommended training plan included running six days a week and completing long runs of 26-28 miles two or three weeks before a marathon. Many people training for a marathon, using his method, disintegrated during training.

We were both invited to a large marathon: he as a motivational speaker, me to help organize the medical team. He did have charisma; no wonder he was a motivational speaker.

When questioned about how he developed that training plan, he reported the recommendations in the book were based on interviews with his "fellow" runners - all of whom were 2:15 - 2:30 marathoners.

I told him "middle of the pack" runners who followed his marathon training plan were getting injured. Also running 28 miles just before a marathon defied basic principles of physiology. In subsequent writings, his training plan did not change. He sold many books.

In his latest book, he recommends walk breaks in training and during the marathon. The 28-milers remain.

## LONG RUNS

A number of statements are made regarding long runs. Some assertions are noteworthy. For example, "the elite runners recover faster." *Interesting. How do we know this?*

*"Spending more than three hours on your feet will break down muscle" and "runs greater than three hours duration increase the chance of injury." Very interesting. I wonder where they got the facts to back up such statements.*

I was certain these statements were not based on facts. However, before being critical of people confusing opinions with facts, I "word searched" the records of the last 660 runners seen in the office. These 660 records comprised the majority of the NEW running injuries examined in the office over the past two years. In those 660 records, there were 11 with long run injuries. Four had the injury before the long run; the long run made the pain worse. The other seven injured runners timed a long run with the onset of their injury. Now what are the facts?????

**Everyone is entitled to their own opinions.**

**They are not entitled to their own facts.**

*"Make a long run on uneven surfaces to decrease injuries." OK.....but how do we know that? My records do not have enough information to factually confirm or refute this statement.*

See **Long**, on page 10

# 16<sup>TH</sup> ANNUAL RUNREMEMBER

TO  
APRIL 24, 2016



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**Long, continued**

Unfortunately, these statements are made, repeated and soon become accepted as fact. A fact is based on verifiable and reproducible data. There is NO data to substantiate any of these statements. These comments are opinions NOT facts. Don't believe everything you read. Ask for proof.



**HOW LONG IS A LONG RUN?**

A rule of thumb is that the long run should be 1/3 – 1/4 the weekly mileage. Someone else's rule of thumb is that the long run should be less than half the weekly mileage. Now whose thumb will you use?

How many long runs do you need in marathon training? How long is a long run? We know running 26 or 28 miles a week or two before a marathon is wrong.

Hal Higdon, a respected marathoner, coach and author includes one 20-miler in his programs. Some marathon training programs call for 18-milers and no 20-milers.

The St. George (Utah) marathon training plans include 21, 23 and 25-mile training runs.

Depending on your level of experience, the Disney marathon training plans call for 26 or 29-milers in preparation for their marathon. NOTE: the Disney plans are designed by Galloway.

Landrunner marathon training plans call for three 20-milers. This is the Landrunner tradition and the tradition in many marathon training plans for the last 20 years. It may not be right but then it may be right.

In the absence of FACTS we have to go with what works. There is no one training plan that works for all runners. Anyone who tells you he knows the answer is just expressing an opinion or blowing smoke.

**To complete a marathon requires focus.** A marathon is long and arduous. To complete a marathon requires focus and discipline. Marathons require concentration and mental discipline. Long runs help develop focus and discipline.

**To complete a marathon requires confidence.** If you do not think you can do it, you won't. Long runs build confidence. Difficult (hill) runs build confidence. Anyone who finished the Beacon on the Bay in 2009 (25K) received a huge dose of confidence. Long runs are important to help you believe you can do it.

Long runs require recovery time. Run long or short. Recover before you run again.

“Running is my private time, my therapy, my religion.”

“My family and my career make me, running completes me.”

**You can increase your speed or your distance at one time. You cannot increase both at the same time. Increase one while keeping the other constant. If you are training for a half or a full, you are increasing distance. That means you should be maintaining your speed at pre-training levels. Many runners have to decrease their speed for training. Stop trying to increase your speed and distance at the same time.**

**May 21. The return of 41.2-mile awesomeness.**



**Gather your 4-person team. Or take on the whole enchilada. [okierelays.com](http://okierelays.com)**

# Running and Living Deliberately: Matthew Wilcoxen

By Melissa Brevetti

*“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. I did not wish to live what was not life, living is so dear; nor did I wish to practice resignation, unless it was quite necessary. I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan-like as to put to rout all that was not life, to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms.”*

--Henry David Thoreau

You cannot possibly have a marathon without runners, can you? Nope. Distance running requires much work and inspiration and we can thank Matthew Wilcoxen for his commitment as a new Board Member and Training Director. Not only does Wilcoxen serve in the OKC Landrunners, his enthusiasm reminds us that life is meant to be lived with passion. I noticed this immediately the first time that I met him on a run around the lake back in 2009. Over the years he has volunteered for small and big jobs in order to keep excitement and support in OKC’s running community. Wilcoxen reflected, “When I get in those ruts of life where it seems I’m sleepwalking through day-to-day life, running reminds me I’m alive and that I can experience so much in life than just working and going through the motions. Running makes me live deliberately.”

Wilcoxen has always had a deep love for running. In fact he recalls his running career as beginning in the seventh grade since he could catch a ride from the middle school to the high school, which allowed him to train with the team; he ran cross country and track every year of school. As life evolved, he joined the Air Force immediately after high school and his running took a backseat to working, getting married, going to college, and eventually having two children. And yet he continued to run during this time, though he asserts it was to relieve stress and maintain weight, he ran still.

When he finished his degree and separated from the Air Force, he continued to move across the country working in the defense industry. Following September 11, 2001, he was compelled to return to the Air Force as a civilian although working the same job that he had served while on active duty. During this time he deployed overseas and found himself with more time on his hands. Therefore, it was during this deployment that he found his love for long runs—he would run and go where the scenery took him. From these experiences, the joy of running was rediscovered. “I wasn’t concerned with my pace, just enjoyed being outside and moving. It was a good way to keep busy and get my mind relaxed. I remember the day I ran

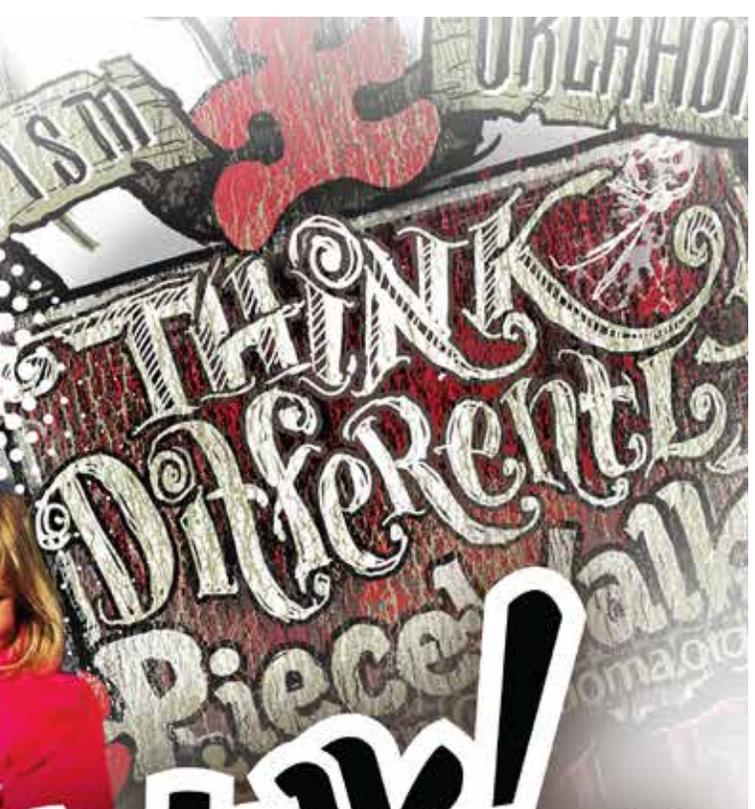


Matthew Wilcoxen

nine miles and thought I had conquered the world!” Wilcoxen recalled. “That seemed like such a long distance at the time...” Now he has run over fifty races and encourages others to find their passions through running.

See **Running**, on page 19

JOIN US at the **2016**



# PieceWalk! & 5k

*The largest autism event in Oklahoma!*



**May 7, 2016**

**5k - 9am**  
**Walk - 8:30am**  
Bricktown Ballpark

**Food, Fun &**  
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 **PieceWalk.org**  
AutismOklahoma.org & 5k

 **Autism**  
OKLAHOMA.ORG

# WHO ARE THE LANDRUNNERS? WHO IS TRAINING?

## From the Landrunner Marathon Training Committee

With the advent of this year’s marathon training season, we asked everyone to re-register for our marathon training email list. The former list contained 3,300 email addresses. Thus far, 1,350 people have re-registered for the new list.

Who is on the mailing list? What age groups are represented on the mailing list? Where do they live? How can we use the demographics of the people on the mailing list to design training runs?

How do the demographics of the OKC Running Club compare to those of the marathon training email list? The following table compares the two:

CLUB (1,250)	TRAINING (1,350)					
	AGE	FEM %	MALE %	FEM %	MALE %	F:M
0-20	3.7	4.7	0.2	0.2		
20-29	6.6	3.6	11.3	2.2	82%	
30-39	12.9	11.9	23.5	11.6	66%	
40-49	13.9	12.1	17.4	10.8	62%	
50-59	8.9	10.8	9.5	6.5	59%	
60-69	2.5	5.4	2.0	3.7	35%	
70+	0.8	2.2	0.2	0.9		
TOTAL	49.3	50.7	64.1	35.9		

**OBSERVATIONS:**

Although the Club is equally divided between men and women, the marathon training list is 64% women (approximately 2/3 of the group are women). In the 20-29 age group, **82% of the runners are women!**

The Landrunners have as many men as women in the 30 – 60 age groups. However, in the marathon training list for the 30-39 age group, 2/3 are women. The predominance of women in the marathon training continues from ages 40-60. Someone coined the term “young moms” to describe the training group. This data supports that moniker.

For both the marathon training email list and the Club’s database, zip codes are available. From zip codes we can determine where everyone lives.

**OBSERVATIONS:**

As expected, the largest number is from OKC with Edmond second.

Where the distribution of runners becomes important is for scheduling training runs. For runners from the western cities (Mustang, El Reno, Yukon, Bethany and Tuttle) to get to a training run far north (Edmond) or east (Lake Thunderbird) is difficult. The western cities represent about 10% of the training group.

For runners from eastern areas (Midwest City or Choctaw) to get to a training run at a western location (Lake Overholser), likewise would be problematic. From Edmond to Lake Overholser is also a trek.

The challenge to those organizing training runs is to find locations that are centrally located so all runners can access the run but also provide variety. Having this demographic data will help us better plan routes so that we are fair to our runners from all locations. Training run organizers will utilize this data and couple it with things like highway access to a training site, parking, restrooms or porta potties, course features such as hills and many other smaller details in order to find the locations to run.

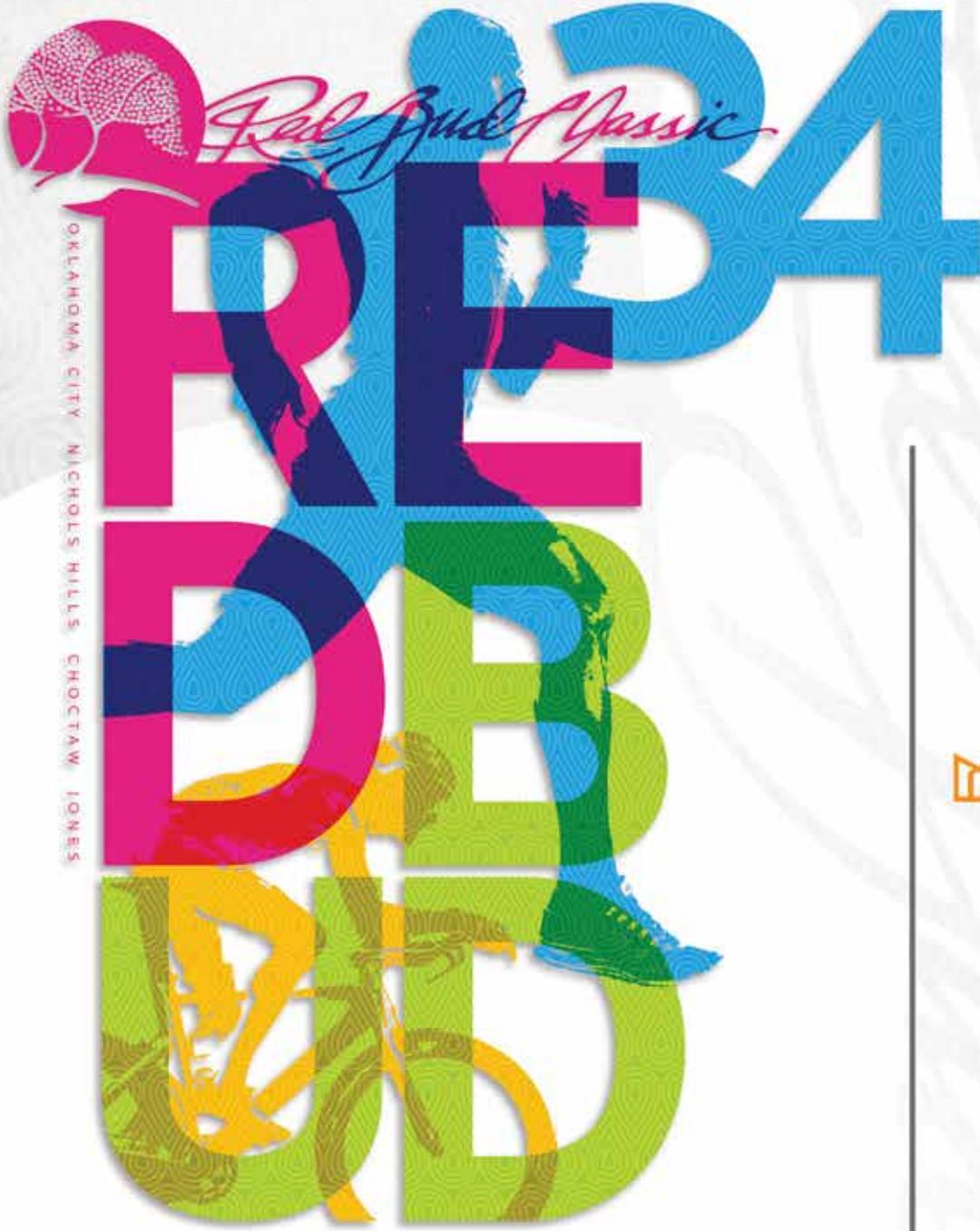
Traffic and runner safety is always the top concern for the marathon training run committee. Our training group has become quite large and continues to grow. Training runs removed from street traffic provide for the safest environment but in order to provide diversity in locations, we sometimes have to run on the streets. As Oklahoma City and the surrounding areas continue to develop their parks and trail systems, we hope to utilize these new areas and minimize the risk of possible injury from running on the roads.

**RESIDENCE (cities with more than 10)**

	CLUB	TRAINING
OKC	41.95%	44.15%
Edmond	22.58%	23.48%
Yukon	6.65%	6.52%
Norman	3.28%	4.15%
Moore	4.96%	3.48%
Midwest City	3.44%	2.37%
Mustang	2.48%	1.41%
Choctaw	2.00%	1.19%
Bethany	1.12%	1.11%
Nichols Hills	0.80%	1.11%
Tuttle	1.28%	0.74%

The Landrunners thank all who submitted their demographic information. You have helped us gain a better understanding of who is training with us. We hope to use your information to better serve you.

We can always use volunteers for the training runs. If you are unable to run, come be a volunteer. If you are aware of organizations dedicated to serving the community, there is no more worthy community activity than the Landrunner marathon training group.



Red Bud Classic

OKLAHOMA CITY NICHOLS HILLS CHOCTAW JONES

# REBUD

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# APRIL 9 & 10<sup>th</sup>

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1 Mile Kids' Fun Run - REDBUD BASH

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# Why We Run: Motivation Comes In Many Forms

By Jenni Carlson

March is here, and April is right around the corner.

So, why does the Oklahoma City Memorial Marathon seem so far away?

Lots of Landrunners are preparing for the race on April 24, and anyone who started with the club's weekend training runs is just past the midway point. Lots of weeks and lots of miles are in the rearview mirror, but lots remain.

This is the time when the doldrums can start setting in. Another long run? More miles? Another early morning?

Blerg.

How do you stay motivated?

Let your fellow Landrunners help with that. We asked club members to tell us why they run the Oklahoma City Memorial Marathon. We wanted them to share their stories in hopes that all of us could be inspired.

You won't be disappointed.

Becky Cunningham: "I ran (mostly walked) the first OKC Memorial Marathon as a celebration of being seven months cancer free. I have run all but three of them. The marathon represents survival for me and many others. It is also a time of reflection. I work for US Foods, and Scott Williams was an employee of ours who was killed in the bombing while making a delivery to the daycare center. I visit Scott's chair each year before running."

Melissa McCann: "I run to honor all the first responders who risked their lives to save others. I run to honor my father, Ret. Midwest City Fire Captain Roy D. Jenkins. He's my hero!"

Anonymous: "I ran the OKC Memorial Marathon to regain a feeling of mental and physical control over my body after I was sexually assaulted. I wanted to prove to myself that no one controlled my body but me and that I was capable of pushing its limits. The entire race as well as the training was rejuvenating and healing in a way that I hadn't thought possible. I will never forget how I felt when I crossed the finish line."

Cindy S.: "I began running after I sobered up and changed my life about 20 years ago. I had smoked 35 years and gradually quit smoking after beginning to run. I ran a few times a week as well as weight training and then two years ago moved to longer runs. I ran last year

for my very first full marathon. I was 57 years old at the time. I trained for a 4:34:45 finish but then had my first injury three weeks before the run and additional problems during the run. But I did not quit. I finished in a bit under 6 hours and ran (hobbled) across the finish. I am training again for the full marathon and plan on an improved finish injury-free."

Matt: "I'm running because it's difficult, because there is wind, because there are hills. I'm running the marathon because I'm not sure I can. I'm running because I remember that day."

Jason Burgess: "In December of 2014, I was shot in the line of duty. The bullet entered and exited through my left calf, barely missing my Achilles. I was in a walking boot for the month of December and learned to walk and slowly jog in January. Each day was an uphill battle to return to what I loved doing. My doctor and assorted medical personnel thought at most I could run the half. I signed up and ran the full last year, with an abbreviated training schedule. I had a PR for a full and shaved 50 min off my previous time! I truly understand the meaning of sacrifice and service. I run this marathon each year in honor of those that lost their lives on that day. They no longer have a voice and were taken from this community much too early. I could have easily been killed on that December night. I am thankful and humbled that God has kept me around."

Gretchen Brunner: "The OKCMM is such a powerful experience. Standing by the memorial, remembering what happened there, is a feeling you cannot put into words. It truly is an experience that is unlike any other race I have run. Knowing the sadness that OKC experienced on that day cuts me to the core. However, so much good has come from that awful event; the OKCMM is just one of those good things."

## RACE-DAY ADVICE

The Oklahoma City Memorial Marathon will be right around the corner when our April newsletter rolls off the presses. In preparation for the big day, we want to share race-day tips. What tricks have you learned over the years? What do you know now that you wish you'd known when you ran your first half or full? Email us at [news@okcrunning.org](mailto:news@okcrunning.org) or look for a survey link on our Facebook page.

## About Folds of Honor

Folds is a 501(c)3 charitable organization with a mission to empower military families by providing educational scholarship to the children and spouses of military service men and women killed or disabled while serving our great nation.

The St. Paddy's Day Dash is a 5K run and 1 mile walk that bring together runners from around Edmond and North Oklahoma City. Participation in this event is a great way to join into the St. Paddy's Day Spirit while promoting a healthy and active lifestyle in our community, and benefiting a wonderful, Oklahoma based charity.

To Benefit  
Folds of Honor



[stpaddysdaydash.com](http://stpaddysdaydash.com)

March 12, 2016  
2:00 pm  
Mitch Park  
Edmond, Ok

1 MILE  
WALK

5K  
RUN

COSTUME  
CONTEST

# Central Oklahoma Humane Society is Seeking Volunteers for the Walk the Block Program

The Central Oklahoma Humane Society is piloting a new program, “Walk the Block,” that pairs elementary school children with dogs and animal stories in an effort to teach children empathy for animals and promote humane attitudes.

The reading session helps children explore the bonds between people and animals through stories that depict the human-animal bond, kindness to animals and responsible pet ownership. The outdoor activity pairs them with an adult and dog to walk or run on the playground, encouraging them to be physically active and share that activity with their pet at home, if relevant.

The program will be piloted at the Tulakes Elementary School and will initially be offered once a week for one hour.

The program was recently developed as a joint effort in partnership with other non-profit organizations as follows:

**Central Oklahoma Humane Society (OK Humane)** – will provide dogs for the program, volunteers and books and readers from the Red Rover Readers program.

**OK Cleats for Kids (C4K)** – will outfit the children participating in the program with running shoes if they don’t have them.

**OKC Running Club - Landrunners** – will provide volunteers to run/walk with the dogs and potentially foster OK Humane dogs that are participating in the program.

**Schools for Healthy Lifestyles** - will provide measurement metrics under their goal of promoting physical activity and fitness.

The Central Oklahoma Humane Society is looking for volunteers willing to walk or run with the children and dogs or to offer to foster a dog in their home for approximately three weeks that can be trained to run with a runner. For more information, please contact Susana Della Maddalena at the Central Oklahoma Humane Society at [susana@okhumane.org](mailto:susana@okhumane.org).



WALK • RUN • DO GOOD

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PARKINSON'S  
RALLY  
WALK  
AND 5K

PARKINSON FOUNDATION  
OF OKLAHOMA

**MAY 1** 2 PM @ Wheeler Park  
on the Oklahoma River

[parkinsonoklahoma.com](http://parkinsonoklahoma.com) [okcwalk2016.kintera.org](http://okcwalk2016.kintera.org)

The poster features a circular logo on the left with a white bird and green leaves on a red background, surrounded by the text 'WALK • RUN • DO GOOD'. The main text is in a mix of black and red fonts. At the bottom, there are green hills and trees. The footer contains two website URLs.

**Running, continued****Proud Moments Include the Following:**

2008 Disney World Marathon  
 2008, 2009, 2010 San Francisco Marathon  
 2007-2015 Oklahoma City Memorial Marathon  
 2012 New Year's Eve, 2013 New Year's Day, Double marathon  
 2012 Bourbon Chase Relay  
 2014 Hood to Coast Relay

**His Favorite Running Route:**

"I love running downtown and through Heritage Hills. There's just so much to see downtown, and I love the buildings and seeing the OKC Memorial. I love the transition from busy metro downtown up through the growing midtown area and into the beautiful old houses in Heritage Hills. You get a little bit of everything on that route." I completely agree!

**His Favorite Marathon:**

Oklahoma City Memorial

Most interestingly, when he settled in Oklahoma City in 2006, he noticed an ad for the Oklahoma City Memorial Marathon and thought that he would like to run a marathon before turning forty. It seemed like a good idea so he registered for the 2007 Memorial Marathon and began training. "I

found a training plan online and followed it, but when I came to those twenty-mile runs, I really wanted some company. That's when I found the Landrunners' training. I showed up at one of the twenty-mile runs and immediately loved the concept of running with a group. It made the miles go by so much easier," Wilcoxon explained. "My first marathon was the 2007 Oklahoma City Memorial and I was hooked! The next year I ran eight marathons. Since then, I've run over fifty marathons and a couple ultras. The Landrunners have become my extended family and I believe we have one of the best clubs in the country."

Currently Wilcoxon works for Lockheed Martin as a System Engineer. He has two sons: one is a junior at OU and one is a seventh grader. Besides running and working, he has a small coffee roasting business and a reclaimed wood furniture business. Life is busy but Willie's favorite quote from Thoreau reminds us that living deliberately means appreciating simplicity and finding passion so that we embrace challenges and dreams.

**7th Annual OUCHA Health Dash**

**Date:** Saturday, April 2, 2016 at 9:00am

**Location:** University of Oklahoma Health Sciences Center

**Race Options Include:** One mile fun run, 5k, 10k, 10k relay

Health Dash is a philanthropic project **benefiting the Good Shepherd free clinic** affiliated with the OU Community Health Alliance

**Registration includes:** a dri-fit t-shirt & finisher's medal

**Register on Signmeup.com:**

<https://www.signmeup.com/site/reg/register.aspx?fid=SN2VNH7>

\*5K and 10K races have been sanctioned by USATF\*

**Ride and Run with the OKC Landrunners**

*All runners, walkers, and friends are invited to travel with us to the*

**A2A Race for Mercy**

**When:** Sunday, March 20, 2016

**What:** Same day, round trip to and from the A2A Races  
 26.2 / 20.6 / 13.1 / 5K

**Bus Cost:** \$24.00 per person, nonrefundable but transferrable.

**We take care of the details – you take care of the running!**  
 Visit [www.okcrunning.org](http://www.okcrunning.org) for more details.



P.O. Box 18113, OKC, OK 73154

**ADDRESS SERVICE REQUESTED**

March 2016

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## Join or Renew Online Today!

Check your mailing label for your renewal date.

Join or renew your subscription online at [www.okcrunning.org](http://www.okcrunning.org) or:

1. Write a check for **\$20** to OKC Running Club
2. Mail Check with your mailing label (above) or new member application (available online) to:

Oklahoma City Running Club  
PO Box 18113  
Oklahoma City, OK 73154

Visit The Landrunners Online:

**[www.okcrunning.org](http://www.okcrunning.org)**

*The Landrunner*, the Official Newsletter of the Oklahoma City Running Club, is published monthly by the Oklahoma City Running Club



### **A2A - Landrunner Bus Trip**

Sunday, March 20, 2016

only \$24 Round Trip

### **Run Free - Landrunner Movie Night**

Monday, March 21, 2016 @ 7:00pm

B & B Theatres, 4623 NW 23<sup>rd</sup> ST

Tickets \$12 advance, \$15 at door

Check the club's website or Facebook page for more details.